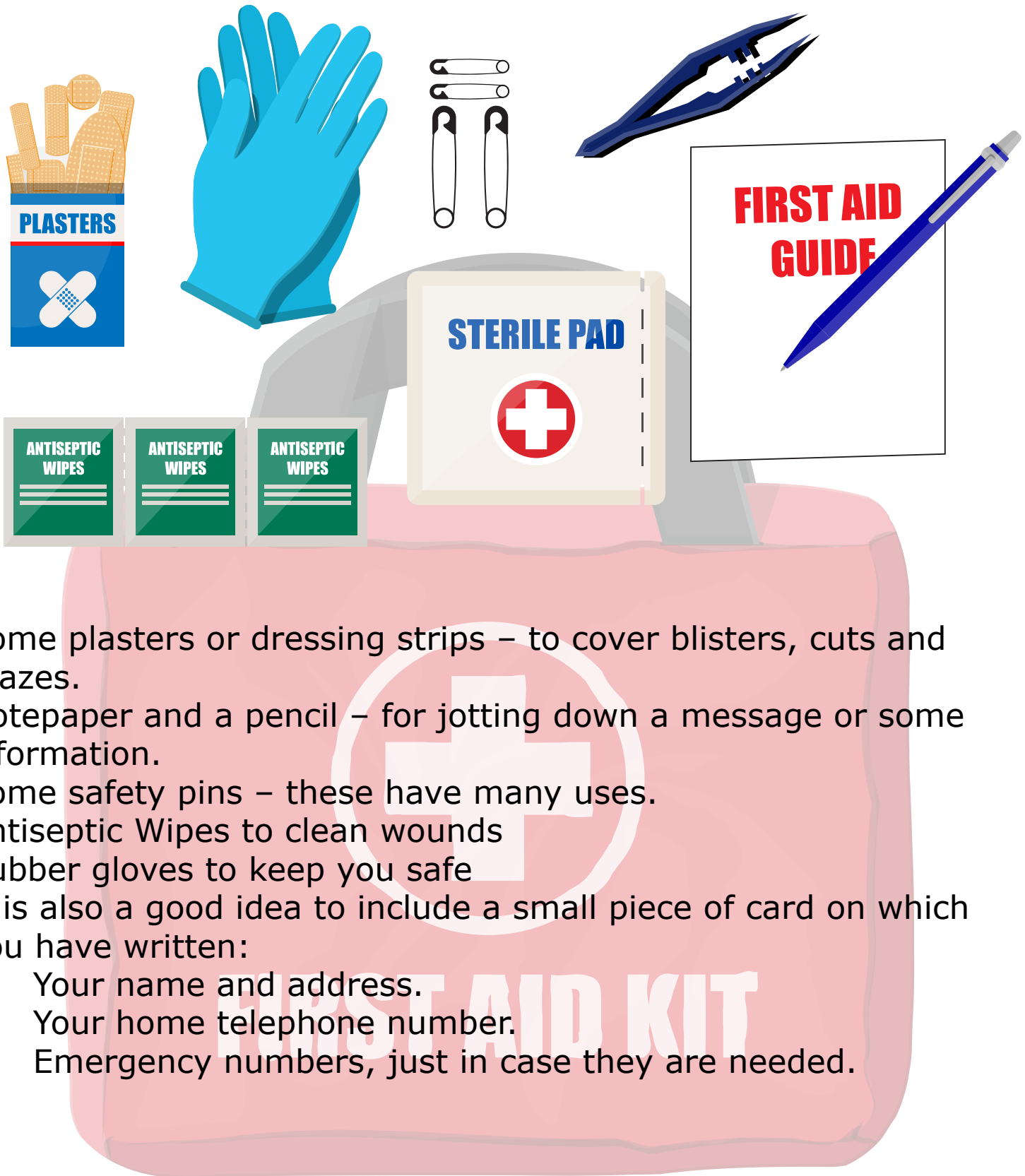


SIMPLE EMERGENCY KIT



Some plasters or dressing strips – to cover blisters, cuts and grazes.

Notepaper and a pencil – for jotting down a message or some information.

Some safety pins – these have many uses.

Antiseptic Wipes to clean wounds

Rubber gloves to keep you safe

It is also a good idea to include a small piece of card on which you have written:

Your name and address.

Your home telephone number.

Emergency numbers, just in case they are needed.